



**Grant County Health Department**  
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**[www.co.grant.wi.gov](http://www.co.grant.wi.gov)**  
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## Put Your Medicines Up and Away

**More than 60,000 young children end up in emergency rooms each year because they got into medicines while their caregiver wasn't looking. Always put every medicine and vitamin up and away every time you use it.**

Any kind of medicine and vitamin – even one you buy without a prescription – can cause harm if taken in the wrong way or by the wrong person. All medicines and vitamins should always be kept up and away and out of your child's reach and sight.

**Protect your child. Here's how:**

Put medicines and vitamins up and away – out of reach and out of sight.

Children are curious and put all sorts of things in their mouths. Even if you turn your back for less than a minute, they can quickly get into things that could hurt them. Pick a storage place in your home that your child cannot reach or see.

Put medicines and vitamins away every time.

This includes medicines and vitamins you use every day. Never leave them out on a kitchen counter or at a sick child's bedside.

Always relock the cap on a medicine bottle. Remember, even though many medicines have safety caps, children may be able to open them.

Teach your children what medicine is and why you must be the one to give it to them. *Never* tell children medicine is candy to get them to take it.

Ask houseguests and visitors to keep purses, bags, or coats that have medicine in them up and away and out of sight when they are in your home.

Call your poison control center at **800-222-1222** right away if you think your child might have gotten into a medicine or vitamin.

To be prepared for an emergency, program the Poison Control number into your cell phone **800.222.1222** Learn more at [www.UpAndAway.org](http://www.UpAndAway.org)



*The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.*

## It's Not To Late for Influenza shots

Influenza shots are available at all WIC and Health Check clinics and Immunization Clinics. Shots are also available at the Grant County Health Department at 111 South Jefferson Street in Lancaster on Tuesdays from 8:00am to 4:00pm.

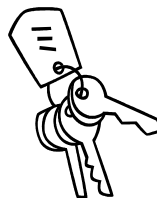
## Celebrate Safely

During the holiday season, and year-round, take steps to make sure that you and everyone you celebrate with avoids driving under the influence of alcohol. Following these tips can help you stay safe:

**Plan ahead.** Always designate a non-drinking driver before any holiday party or celebration begins.

**Take the keys.** Don't let friends drive if they are impaired.

**Be a helpful host.** If you're hosting a party this holiday season, remind your guests to plan ahead and designate their sober driver; offer alcohol-free beverages; and make sure all of your guests leave with a sober driver.



## Kid-Friendly Veggies and Fruits

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

### Smoothie Creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!

### Delicious Dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.

### Caterpillar Kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

### Fruity Peanut Butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

Contact the UW-Extension's Nutrition Education Program at 723-2125 for more information on keeping your family healthy.

Source: [www.choosemyplate.gov](http://www.choosemyplate.gov)



## Immunization Clinics

**Feb 13th**—Platteville United Methodist Church from 5:00pm to 6:00pm

**Feb 14th**—Muscodia Kratochwill Bldg. 3:45pm to 4:15pm

**Feb 14th**—Fennimore St. Peters Lutheran Church from 5:00pm to 5:30pm

**Feb 15th**—Hazel Green Methodist Devotional Center from 4:00pm to 4:30pm

**Feb 15th**—Cuba City—City Hall from 5:00pm to 5:30pm

**Feb 15th**—Dickeyville New Fire Station from 6:00pm to 6:30pm

## WIC & Health Check Clinics

*(Immunizations given at all these clinics)*

**Jan 5th**—Platteville Peace Lutheran Church from 9:00am to 3:30pm

**Jan 10th**—Boscobel United Methodist Church from 9:00am to 3:30pm

**Jan 11th**—Fennimore United Methodist Church from 9:00am to 3:30pm

**Jan 17th**—Cuba City St Rose Catholic Church from 9:30am to 3:30pm

**Jan 18th**—Late Boscobel Tuffley Center from 2:00pm to 7:00pm

**Jan 19th**—Platteville Peace Lutheran Church from 9:00am to 3:30pm

**Jan 24th**—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm

**Jan 25th**—Bloomington Rescue Squad Bldg from 9:00am to 3:30pm

**Jan 26th**—Platteville Peace Lutheran Church from 9:00am to 3:30pm

## Websites

Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on Grant County services.

Visit the Wisconsin Immunization Registry (WIR) website [www.dhfs.wisconsin.gov](http://www.dhfs.wisconsin.gov) for information on your immunizations.

Visit [www.grantcountyhospice.com](http://www.grantcountyhospice.com) for information on the Hospice Program.

## Play it Safe While Sledding

Sled riding is a great way to have fun in the winter, but play it safe. Always remember these important safety tips.



- Children under 12 years of age should wear a helmet
- Wear warm clothing – including heavy gloves and boots
- Make sure children know how to stop their sled or make a sharp turn by dragging their feet.
- If your sled won't stop or if you are out of control, roll off your sled and onto the ground. Don't worry about your sled after you roll off. You can get it back after it stops sliding.
- Make sure the sled is in good condition and isn't broken.
- Children should only go sledding when an adult is present.
- Never sled ride in unsafe areas like the street, driveways, rocky hills or near a cliff, river, pond or other water
- Never ride into a snow bank – the snow may hide a tree stump or rocks.
- Never sled ride when it is icy. Ice makes the sled go too fast. Plus, you can't steer or stop a sled when you're on ice
- Use sleds that you can steer
- Ride the sleigh going feet first, do not ride going headfirst down a slope
- Never ride a sled that is being pulled by a car, truck or ATV.

Sources: Children's Hospital of Pittsburgh and the Association of Orthopedic Surgeons

## What is ACCESS?

Access is a website that is a quick and easy way for people who live in Wisconsin to find out if they might be able to get:



- ✓ Help with buying food
- ✓ Low- or no-cost health care
- ✓ Help with buying prescription drugs
- ✓ Home energy assistance
- ✓ Special tax credits

The website will take you about 15 minutes to use. They'll ask you about the people in your home, the money you get from a job or other places, your housing costs and a few other bills. What you tell them will stay private and secure.

When you're finished, they'll tell you if you might be able to get help through programs like FoodShare, BadgerCare Plus, Medicaid, SeniorCare, Medicare Part D, WIC, The Emergency Food Assistance Program, and the Wisconsin Home Energy Assistance Program. If there are children in your home, we'll also look to see if they may be able to get meals at school or during the summer. And they'll look to see if you might be able to get tax credits for people with lower incomes.

Please keep in mind that this website is just a test to see if you *might* be able to get benefits. You'll have to apply for these programs to get a final decision about benefits, but the website lets you know how to do that

Ready to get started? The website is <https://access.wisconsin.gov/>

# The most important thing that you can do to keep from getting sick is to wash your hands!!

The best defense against many types of germs is to wash your hands. It is important to wash your hands



- Before, during, and after you prepare food
  - Before you eat, and after you use the bathroom
  - After handling animals or animal waste
  - When your hands are dirty
  - After coughing or sneezing
  - Changing a diaper
- More often when someone in your home is sick.

## *What is the correct way to wash your hands?*

- First wet your hands and use liquid or clean bar soap. Store bar soap on a rack that allows it to drain.
- Next rub your hands vigorously together and scrub all surfaces.
- Continue for 20 seconds or about the length of a short song. It is the combination of soap and scrubbing action that removes germs.
- Rinse well and dry your hands.
- If soap and water are not available, use alcohol-based gel to clean hands:

Apply product to the palm of one hand (about the size of a quarter)

Rub the product over all surfaces of hands and fingers until hands are dry.

Source: CDC (Centers for Disease Control and Prevention) [www.cdc.gov/cleanhands](http://www.cdc.gov/cleanhands)



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